The Main Line

February 2009

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www.gilanet.net
www.native-tech.net

Owned and operated by the Gila River Indian Community

GRTI is an Equal Opportunity Employer

Dawn Evers from District 5 won the GRTI raffle, a digital flat screen TV, at the Elderly Concerns Meeting. January 14, 2009

DTV Is Here

For many, many years the antenna that has sat upon your TV was always good enough. The lone antenna is not enough any longer.

On February 17, 2009, your antenna will need the assistance of a converter box to help receive your local television channels. This is because television broadcast signals will be broadcast digitally, providing better picture quality and offer more programming.

What does it mean?
It means that only if your TV uses an antenna to receive local channels, you will be required to purchase a digital converter box.

It also means that if your TV is hooked up to cable, satellite service, or your TV is already digital, you will not be affected by the digital transition.

On January 14, 2009, GRTI attended the monthly Elderly Concerns Meeting in Sacaton. At the meeting GRTI raffled one digital flat screen TV and converter boxes for the attendees. GRTI would like to congratulate the winners of the raffle. Enjoy your prize!

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Announcement

GRTI will be at the Elderly Concerns Meeting on February 11, 2009. Lots of door prizes will be given away!

"Quote"

Spread love everywhere you go: first of all in your own house. Give love to your children, to your wife or husband, to a next door neighbor... Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness; kindness in your face, kindness in your eyes, kindness in your smile, kindness in your warm greeting.
- Mother Theresa

Being Healthier Also Includes Surroundings

Going green is a lot easier than one might think. Let's be honest, there is a little more work involved. A little more human energy in the process but there are great benefits to be had.

Use the real deal

Accept no imitations or substitutions. Ban disposable plates, cups & utensils. You may be surprised how dinner time will seem more special and even important. More noticeable will be how much LESS waste you will have. There is a plus to cleaning up. Its a perfect time to make dish washing a bonding experience between siblings or with your partner.

Clean out your home

Go through the clothes, appliances, furniture and decor. We are all in need of a few dollars so have a yard sale. Take everything that is left over to your local Goodwill. If it can be re-used, don't throw it in the trash. How does this affect your health? It affects your mental health. You will feel so much better once you release the items you do not want or need. You will also enjoy the disappearance of clutter. Simple is beautiful!

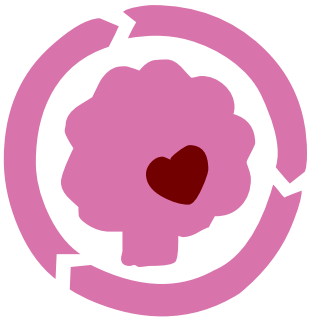
Use natural cleaners

When cleaning your home opt for all natural cleaners. It is cheap and easy to make your own household cleaners with ammonia and water. If you would rather get your cleaner off the shelf, there are many brands on the market that are all natural. Natural cleaners are better for the environment and the air inside your home. It is highly recommended for families with asthma symptoms.

Change how you see things

Switch out old-fashioned light bulbs for the newer spiral compact fluorescent light bulbs. A simple thing to do. The compact fluorescent bulbs are more expensive but use less energy, meaning you save in electricity. They also last ten times longer than the standard bulb!

Make these small changes and you will be on your way to healthier surroundings!



GRTI Raffle Winners

Elderly Concerns Meeting January 14, 2009

Leatrice Celaya from District 4 wins a GRTI blanket.

Regina Enos from District 4 wins a GRTI folding chair.

Alfred Enos from District 6 wins a GRTI coffee mug.

Fall in love all over again...
with your long distance rate
No monthly fees. We promise. Forever & Ever.

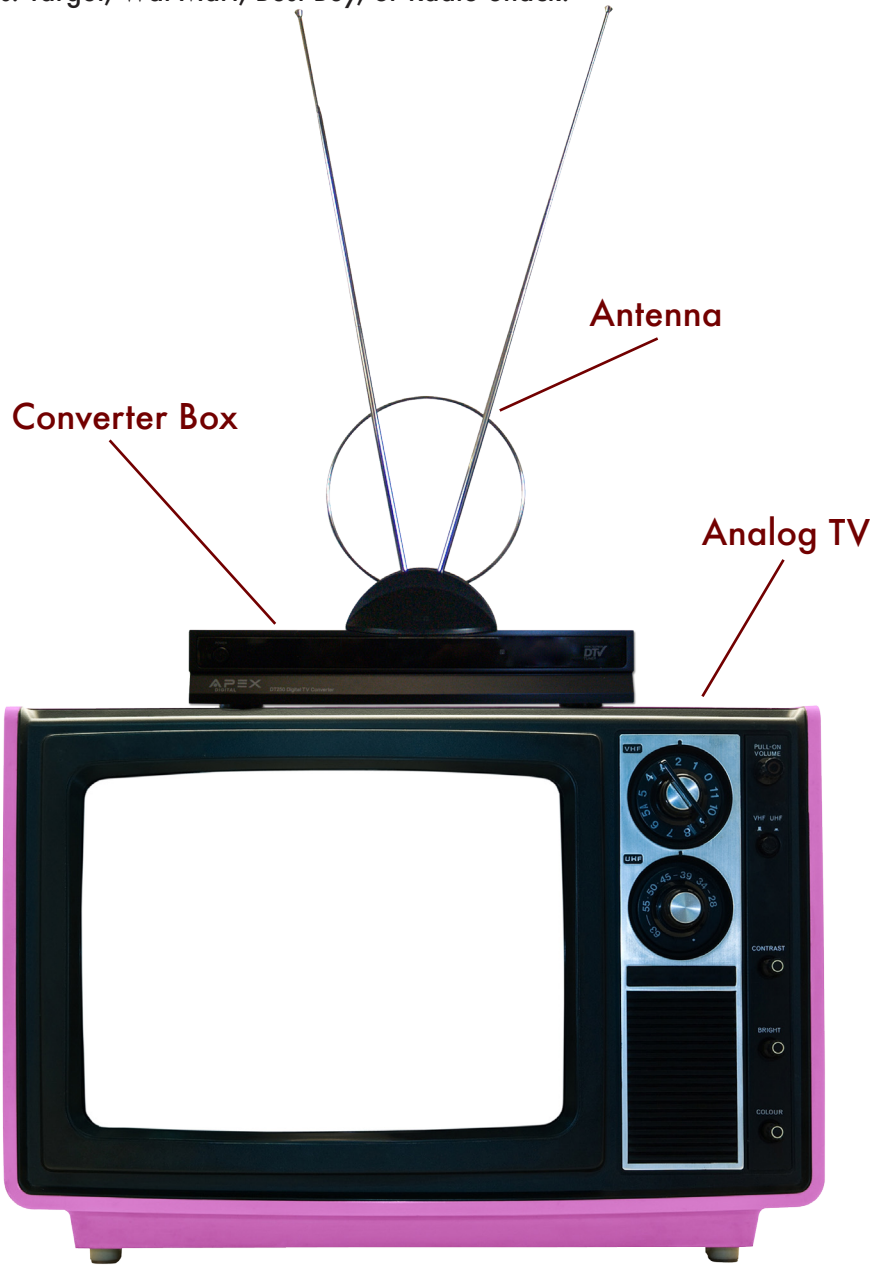
Gila River Long Distance is only 6.9¢ per minute.
Call us at 796-3333 to switch today. You'll see!

DTV Information

On January 14, 2009, if you use an antenna, or rabbit ears, to view your local TV channels, you will be required to purchase a converter box. If your TV is digital, or is hooked up to satellite service, or cable, you will not be affected by the transition.

You may still sign up for the TV Converter Box Coupon Program at the government provided web site www.dtv2009.gov. Only two (2) coupons are allowed per household or per mailing address.

You can purchase a converter box at any store carrying electronics such as: Target, Wal-Mart, Best Buy, or Radio Shack.



GRTI does not have converter box coupons. GRTI does not sell converter boxes. For assistant in installing your converter box please refer to the manufacturers user manual enclosed with your converter box. For more information please visit the government web site, www.dtv.gov.

GRTI District Dates

Once a month save a little extra time and gas by visiting GRTI in Sacaton or Komatke. You can pay your telephone bill, ask questions on your account, or sign up for new services and programs. If you want, just stop by for refreshments and the chance to win a prize!

GRTI is pleased to continue GRTI District Days and hope that you have enjoyed it as much as we have.

Sacaton

Sacaton Health Resource Ctr.
SW Corner of Seed Farm Rd & Ocotillo Rd

Friday, February 6
Friday, March 6
Thursday, April 9
Friday May 8
Monday June 8

Komatke

51st Ave & Pecos Rd
Across from Boys & Girls Club

Monday, February 9
Monday, March 9
Friday, April 10
Monday May 11
Tuesday June 9

From 10AM to 3PM
Refreshments provided and great door prizes!

Cappuccino Cheesecake

Prep time ½ day
Includes chill time
SERVES 12

Change up the usual Valentine's Day gifts with a dessert you created. Nothing says how much you care for that someone special, family member or the entire family more than enjoying it together.

8 crushed whole graham crackers
5 tbsp. melted unsalted butter
1 1/2 cups sugar
1/2 cup whipping cream
4 teaspoons instant espresso powder or instant coffee powder
1 1/2 teaspoons vanilla extract
4 (8 ounce) packages cream cheese, room temperature
4 large eggs
2 tablespoons all-purpose flour
1 cup semi-sweet chocolate chips
chocolate, shaved into curls (optional)

Preheat oven to 350°F.
Mix crackers, butter and 1/4 cup sugar in medium bowl; press onto bottom (not sides) of a 9-inch springform pan with 2 3/4-inch high sides.
Bake crust 10 minutes.
Cool.
Maintain oven temperature.
Combine cream, espresso powder or coffee and vanilla in small bowl; set aside.
Using electric mixer, beat cream cheese in large bowl until smooth.
Gradually beat in remaining 1 1/4 cups sugar, then eggs 1 at a time.
Beat in flour.
Stir espresso mixture until power dissolves, beat into cream cheese mixture.
Stir in chocolate chips.
Pour batter over crust.
Bake cake until edges are puffed and beginning to crack and center is just set, about 1 hour 5 minutes.
Cool on rack for 30 minutes; chill, uncovered for 6 hours.
Cut around cake to loosen.
Release pan sides.
Top with chocolate curls, if desired.

GRTI Payment Schedule

Month	Due Date	Disconnect/Past Due
February	16th	March10th
March	16th	April 10th
April	15th	May 10th
May	15th	June 11th
June	15th	July 10th
You can expect your telephone bill by the 1st of every month.	Due date for current billing statement is the 15th of the month unless on the weekend, then the next business day.	A different due date is given if you owe on the previous bill PLUS the current bill. Call for a pay arrangement to avoid being disconnected.

You are past due when you still owe on the bill from the month before. Your telephone service can be disconnected when past due.

FEB 2009

6
GRTI District Days Sacaton Health Resource Center
Seed Farm Rd & Ocotillo Rd
10 AM to 3 PM

9
GRTI District Days Komatke Health Resource Center
Pecos Rd & 51st Ave
10 AM to 3 PM

10
Disconnect Day - This is if you have not yet paid for your January bill.

Don't get disconnected. Make a payment or pay arrangement or ask about Stay Connected!

14
Happy Valentine's Day

16
February bill is due

For more calendar info go to www.gilanet.net

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